

Encore

April 2021 *News from Redmond Senior Programs*

Redmond Senior Programs
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Redmond
Parks and
Recreation



Loreen Hamilton, Deputy Parks and Recreation Director

Redmond Seniors Shape Plans for New Senior Center

Public involvement on the new Redmond Senior & Community Center began in January and we've heard from hundreds of seniors about your wants, needs, and priorities for your new building.

Over 300 seniors completed the first community questionnaire and over 60 seniors attended the seniors-only public meetings in February and March. We also hear senior input through the Senior Advisory Committee members and the community center Stakeholder Group. **Thank you** for being so involved and invested in planning for a building that meets your needs now and into the future.

The most consistent piece of feedback we have heard from seniors is the importance of creating a welcoming and friendly environment in the new space. We are planning a seniors-only entrance that brings you right inside to a friendly greeter, a place for your belongings, comfortable furniture, a fireplace, and places to see friends and enjoy conversation. Your Senior Center staff will be on-hand to share what's happening each day.

We know that most seniors visit during the daytime hours during the week. Your familiar and favorite classes will be staples during the week such as jazzercise, driftwood sculpture, and dance, plus new fitness or strength classes offered for the first time in a larger, more flexible building.

Popular programs such as daily lunch and dance were **outgrowing some of the spaces available** at the former Senior Center. Dance classes were often too crowded and many seniors say more

lunches could be served to the community with additional table seating and an outdoor terrace. This will be possible in our larger, flexible Community Room which opens to the outdoors. Volunteers and staff will find the larger building more spacious and efficient to work in.



What space is needed for the activities you enjoy the most? The design process is starting to take shape - be sure to share your ideas!

Another priority for seniors is safety and noise control within the larger building. Thoughtful conversations with many seniors have encouraged the design team to locate the Kids Zone upstairs, away from most senior program areas. Right-sized furniture and clear sightlines down the hallways and to the senior entrance will also support your safety.

There are **many opportunities to stay involved** and give suggestions. You can email the project team at comment@RedmondCommunityCenter.org and leave a **comment online at redmond.gov/RSCC**.

Please don't hesitate to reach out to me directly if you have questions at lhilton@redmond.gov.

April Online Classes & Interest Groups

Fitness with Jody

Instructor: Jody Martin

Tues & Thurs - 10:30 a.m.

April 1 - 29

Course #18848/\$36

This online class meets twice a week and is designed to improve your balance, strength, and muscle tone. You'll discover strength-training basics you can do at home. A sturdy chair and space free of obstacles are needed.

Tai Chi for Better Balance

Instructor: Julie Cauthorn, DPT

Thursdays - 10 a.m.

April 1-29

Course #18850/\$50

Join us for a fun, easy to follow, specialized version of Tai Chi designed to improve balance, flexibility, strength, and stability. All you need is a sturdy chair, and a 5x5 space in your home that is free of obstacles.

Senior Strength

Instructor: John Crain

Fridays - 9:15 a.m.

April 2 - 30

Course #18904/\$50

Focus on building strength and fitness using body resistance and more to work all the major muscle groups. Get strong, stay strong!

Gentle Yoga

Instructor: Lynne Steele

Fridays - 10 a.m.

April 2 - 30

Course #18849/\$50

Gentle Yoga is suitable for all body types and fitness levels. Beginners encouraged to join! What you'll need: mat, blanket, and foam yoga block.

How to Register

Fee-based classes and free activities require advanced sign up. Zoom online meeting information is provided at time of registration.

Register online:
redmond.gov/register.

Register by phone:
425-556-2300.

Core Strength

Instructor: Jody Martin

Fridays - 10:30 a.m.

April 2 - 30

Course #18847/\$50

A strong core is the key to maintaining an active lifestyle. We'll focus on building muscle strength in the abdominals, lower back, and legs. Instructor will provide more information if equipment is necessary.



Medicare Made Clear!

Presented by Jean Cormier

April 27, 1 - 2 p.m.

Course #19380/FREE

This free workshop will give an overview of the different parts of Medicare (Parts A, B, C, D and supplements), what they cover and how they work; the different ways you can receive your benefits and approximate costs. We will also cover enrollment and eligibility guidelines. (Presenter is not affiliated with Federal Medicare Program.)

Free! Online Interest Group Activities

MON	TUE	WED	THUR	FRI	SAT
MON Apr 5 10 a.m. Men's Meeting Course# 18355	TUE Apr 13 and Apr 27 10 a.m. Writing Your Life Story Course #18354	No interest groups today!	THU Apr 8 2 p.m. Virtual Visit Time Course #18341 Thu Apr 22 1 p.m. Thursday Book Group Course #18352	No interest groups today!	SAT Apr 3 10 a.m. Saturday Book Group Course #18353
MON Apr 26 10 a.m. Bingo Course #18363	TUE Apr 20 1 p.m. German Conversation Course #18356	Free Interest Group Activities are held online for those 50+. Groups meet one to two times per month. Register online redmond.gov/register or call 425-556-2300. Zoom info is provided after registering. Questions? Email rsc@redmond.gov or call 425-556-2300.			

Senior Advisory Committee

We had an exciting Senior Advisory Committee meeting in February. Our guests included Jim Kalvelage, Partner & Principal, Opsis Architecture.

Opsis is developing the design layout, which will show the rooms and open spaces for our new Senior and Community Center.

Members of SAC submitted a list of building space design questions and comments to the co-chairs to share with Jim. Some of the items on that list included:

- Coffee bar and lounge
- Music room
- Community kitchen
- Security doors and lockers for staff and volunteers
- A sense of place

Jim shared that comments from the SAC, senior community, and staff will help drive those design decisions down to the furniture layout itself.

Opsis intends to create a welcoming, comforting place, an accessible **'home away from home'** that will meet both design criteria and the community's wants and needs. All spaces must be multi-use for the best use of the building.

Another guest, Eric Dawson, City of Redmond, Construction Project Manager, told the committee that the project should be complete by the end of 2023, with construction beginning early 2022. Pre-work has already started with Geo-Tech Engineers.

Visit redmondcommunitycenter.org to learn the latest or review past milestones.

*A special thank you and welcome to **Karen Bauer**, our new Recording Secretary, for taking and preparing Senior Advisory Committee meeting minutes.*



"Spring time reminds us that darkness does fade and that with time, new and beautiful life will bloom again."

- LouAnn Ballew and Sandy Marion, Co-chairs

RSCC Project Update

The Redmond Senior Community Center representatives have had a busy February with several opportunities to hear from Redmond seniors, residents, city staff, and the Opsis Architecture team. We have covered many topics with more discussion in the future, but it appears that with each meeting, we see more focus on how our new senior community center is developing. Construction could begin in early 2022, with an optimistic completion date of late 2023.

We have heard from several hundred Redmond seniors on their vision for our future senior center, but if we have not heard from you, we miss your input, and it matters. Please speak up now and share your expectations. Drop off a memo when you pick up your lunch on Wednesdays at City Hall or email comment@redmondcommunitycenter.org. To date, the #1 comment has been for a larger facility, and #2 is for additional fitness programs.

As you might imagine, comments have been wide-ranging from pickleball courts, dedicated covered entryway, a performance stage, more daylight/outdoor space, a larger coffee bar, and a view of the Sammamish River, just to name a few. More to share with you in May.

Deanna Francis, Margie Meyer, LouAnn Ballew
Members of RSC Stakeholders

Curbside Lunch

Wednesdays at 11:30 a.m.
outside Redmond City Hall.

Suggested donation is \$3 per lunch . Ages:
50+ Advanced registration required. Two
ways to register:

Online: redmond.gov/register
(search for 'curbside lunch')

Phone: 425-556-2300

April registration is now open!
Registration for May lunches
starts April 14

April desserts by:


Overlake Terrace



Redmond Senior Programs
15670 NE 85th Street
Redmond, WA 98052

It's Time to...

let us know if you prefer to read the Encore online! To stop receiving a printed, mailed copy of this publication, please email rsc@redmond.gov or give us a call 425-556-2300 to let us know. Want to keep receiving your mailed copy? No need to do a thing, just sit back and wait for your next issue!

Instructor Spotlight: Lynn Trinh



Artistry of Flower

Arrangements are creative ways to use seasonal materials found in nature. I believe exceptional floral arrangements is more than an extravagant display in form or material, it reflects one's true character and beauty from within, a celebration of a language, a culture, and an intuitive story...- Lynn Trinh



Hello, Neighbors,

My name is Lynn, and I love flowers! Born in Beijing, I went to school in the midwest and the east coast and then moved to Redmond almost twenty years ago and now live with my husband and three children.

Design and art have always been my innate passion and a trained profession. I worked as an architect in Seattle for ten years, then devoted my time to my three children and got involved in multicultural education and community services. Currently, I am serving on the Redmond Arts and Culture Commission.

Even more than working with flowers, I enjoy teaching floral classes and meeting people who share the same interests. Because of my multicultural background and my pursued studies of the diverse heritage of floral design, I want to introduce an arrangement that is more than a display of art - it also reflects its spirituality and speaks its story. I try to coordinate the classes with special occasions and holidays so you can bring your creation to families and friends as a part of the celebration.

Finally, I want to encourage you to use these tools and ideas from our classes, work with flowers more often, improvise other creative ways to add more richness and enjoyment.

Join Lynn in her next class!

Tulips, Tulips, Tulips!

Thursday, April 15 - 3 - 5 p.m.

Course #19384

Fee: \$40 S/R - \$48 N/R under 50

Arrange with grace. Tulips are ideal for creating elegant seasonal displays. In this enchanting arrangement, the flowers are accompanied with silver blue eucalyptus, vine and a sphere vase. Ages: 18+

